

— A GUIDE FOR —

Safe Living



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POLARPAM



Safe Living

Within the next year, someone you know may be killed or injured in an accident at work, on the road, around home or in some form of recreation. It's in the statistics.

An accident can happen anywhere, at any time. We're never prepared for it — but a high percentage of accidents can be prevented.

This booklet may be able to help you prevent an accident that could mean a serious injury or loss of life.

This guide is divided into two sections: Safety on the Job and Safety at Home.

It tells you how to prevent accidents and what to do if one should happen. We hope it helps you.

The Causes of Accidents

The two main causes of accidents are poor housekeeping and lack of training.

In the bush, a snag not cleared away could mean your co-worker sustains a broken back. An arm is badly burned when a piece of steam pipe insulation is torn off and not repaired. In an office, a metal filing drawer is left partly open, someone backs into it and cuts a leg badly.

All of these accidents are preventable. They're the result of somebody's carelessness. Many people don't have proper attitudes towards accident prevention. To be safe at work, you must care about yourself and your fellow workers.

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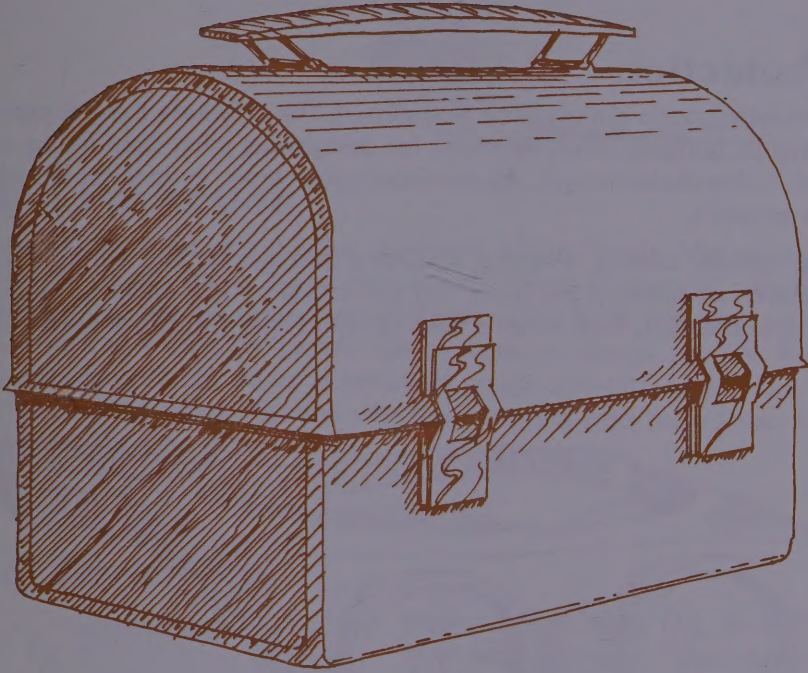
A combination of being alert, knowing your job surroundings and tools, and common sense are your best weapons against injuries. You will be protecting yourself, your family and your co-workers.

Regulations

There is a good reason for every rule in the Industrial Safety Regulations. Inspectors regularly visit every type of construction site and worksite in the N.W.T. looking for infractions, recommending improvements and passing on new techniques which mean better safety.

Department of Justice and Public Services'
Safety Division
Government of the Northwest Territories

Safety on the Job



Experts can tell how safety-conscious any location is just by walking on the job site. If equipment is lying around rusting, machinery is in poor repair, tools everywhere, empty barrels scattered around, junk piled in corners, twisted cable rotting, hallways cluttered, office dirty, then that company is sure to have a poor safety record.

All this adds up to poor housekeeping and that means accidents — and most of them could be prevented. The answer is good housekeeping and proper care of the jobsite. A safe and tidy workplace means employers, supervisors, foremen and workers care.

Staying Alert

Don't daydream. Don't let your attention wander on the job. Don't clown around — high speed machines and moving equipment have no sense of humour. Remember that building sites, logging operations, mills and construction sites are full of potential hazards and you must be alert.

Ear Protection

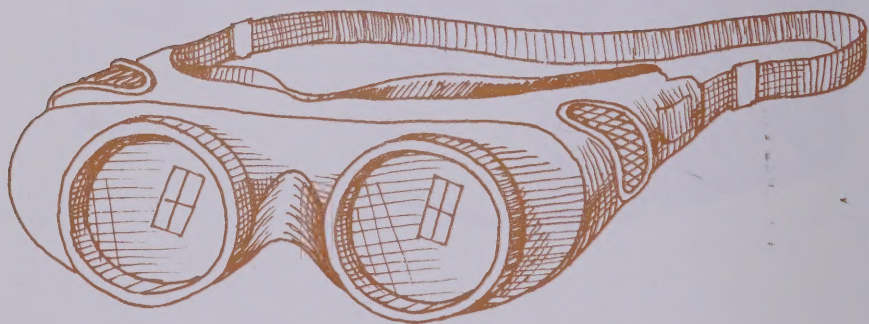
Industrial type ear-muffs provide the most effective protection against loud and prolonged noise. Cotton wool is useless. Some ear plugs are only good for swimming. If you must wear ear plugs, make sure they are the right kind.

You won't go deaf suddenly — it takes a while. When everybody seems to be mumbling, then you know it's happening. You're going deaf and you probably could have prevented it.

Eye Protection

On a job where your sight could be threatened, the only sure thing is protective glasses or goggles. They're made for dangerous jobs, tight-fitting with hardened, unbreakable lenses. Always cover your eyes, even if the job takes only five seconds.

Grinding, drilling, cutting, riveting, soldering and mortar and cement chipping jobs are just some of the ones that can injure you. A sliver of metal, a speck of dirt, sawdust, lime, even a flash of bright light can cause permanent damage.

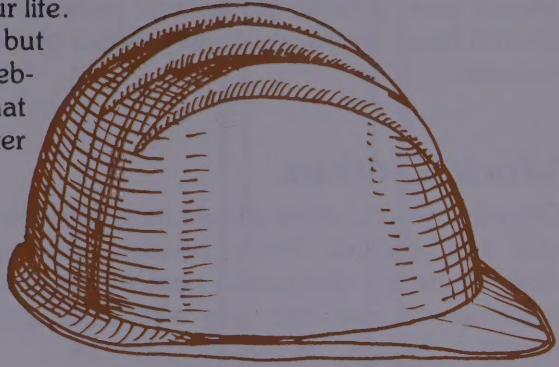


Shield your eyes from arc welding. Put up a screen to protect others in the area or work in a special room. The radiation can cause corneal ulcers.

Only glasses with hardened lenses should be worn to work. Contact lenses worn for long periods under a hood or mask may cause damage and should not be worn in a particle-filled room.

Head Protection

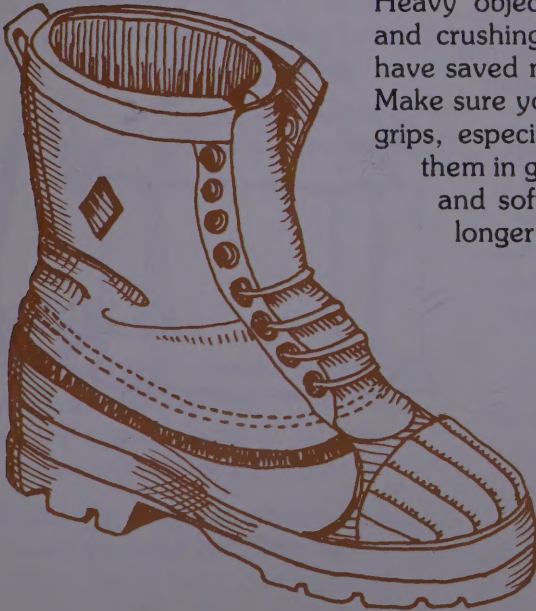
Wearing a hard hat can save your life. Get one which is comfortable but close-fitting. Make sure the webbing is properly adjusted and that there are no cracks in the outer shell.



Hand Protection

Nearly 20 per cent of industrial accidents are to hands. Yet most of these accidents could have been prevented. Wear approved work gloves whenever you are exposed to rough work, in the bush, welding, or handling heavy objects. Protective gloves can be worn on almost any job. Make sure they are comfortable. Keep them clean inside and out. Don't wear them if they are falling apart. Gloves which are ripped and frayed can be more dangerous than no gloves at all.

Foot Protection



Heavy objects can fall, breaking toes and crushing feet. Steel-capped boots have saved many workers from agony. Make sure your boots have a tread that grips, especially in wet weather. Keep them in good shape, clean, repaired and soft at all times. They'll wear longer and better.

Skin Protection

Some industrial chemicals are poisonous and can penetrate the skin, so always wear suitable gloves and protective outer clothing when working around these chemicals. Heavy rubber gloves are best for acids and caustic materials.

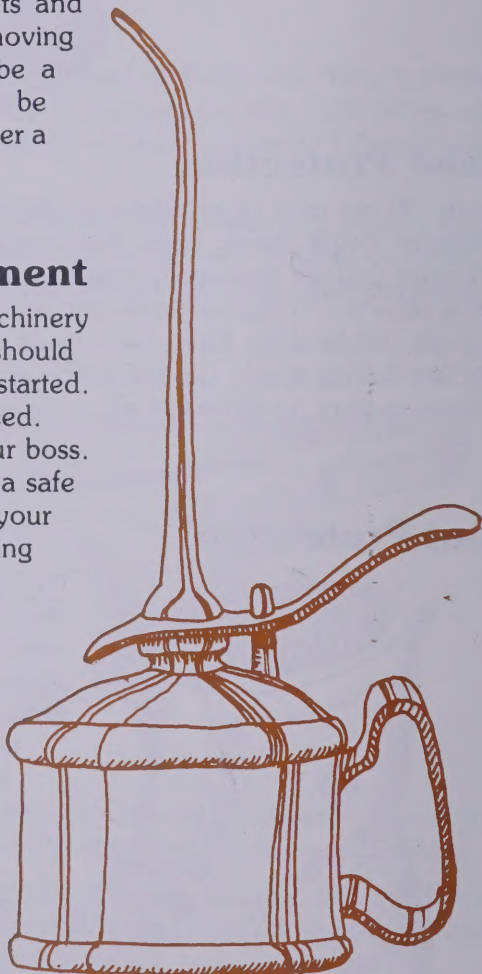
Work Clothes

Ordinary work clothes should be comfortable and practical. Rings, pendants and wrist bands are dangerous near moving machinery. Long hair may also be a hazard. Serious accidents can be prevented if long hair is tucked under a hard hat, cap or scarf.

Machinery and Equipment

Simple rules govern the use of machinery and equipment. All safety guards should be in position before a machine is started. If a guard is missing, have it replaced. Report damaged equipment to your boss. Always make sure a machine is in a safe position before starting it and that your fellow workers are clear of its moving parts.

Never use a machine you are not qualified to operate. Never start equipment you don't know how to stop. When machinery must be cleaned, oiled or adjusted, follow the correct procedure. Turn off your machine and make sure it is completely stopped. Lock out the control so it cannot be started by anyone else. These simple precautions could save your life or someone else's.



Tools

There is a right tool for every job — and a lot of wrong ones. Often it seems more convenient to make repairs or adjustments with the wrong tools. Don't. Take that extra minute to get the right tool.

Concentrate on the job, using your tools in a safe manner. When you finish, clean and store them safely. The wrong tools can damage machinery and equipment and cause personal injury.

If you have tools that are damaged or can't be repaired, replace them as soon as possible.

Watch Out

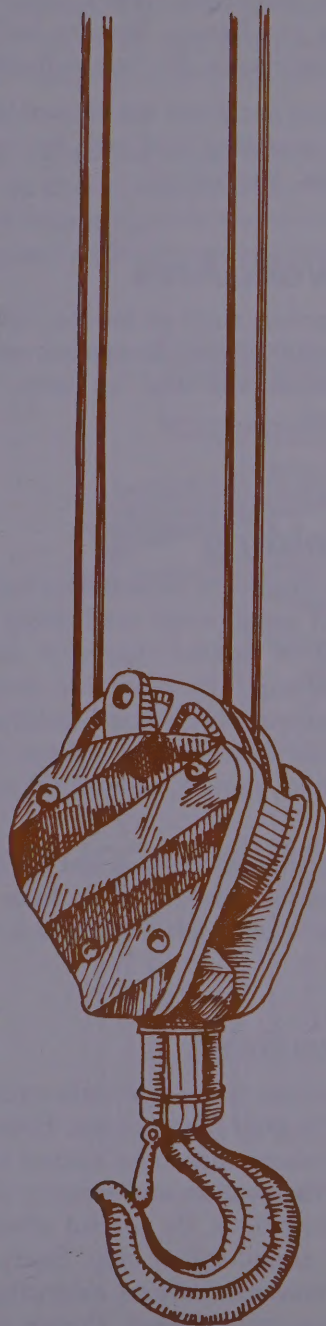
If you're working near a piece of moving equipment, never walk behind it or close in front of it. Always make sure you can see the operator and he or she can see you. Never walk up behind a machine, even if the operator seems to be away from it. The operator might be bending down, not see you and back up.

Keep an eye out overhead. Watch for swinging booms or falling objects. Always wear a hard hat.

Back Injuries

Many workers are injured trying to lift too much the wrong way. Most back injuries are caused because people don't know how to lift correctly.

When you lift, keep your back straight, stand over the load with one foot forward for balance, bend your knees, reach down, pick up the object and use your legs to straighten up. Don't make your back do all the work.



Never jerk or shove a heavy object into place. Get help and slide it smoothly. Never pile heavy objects to a height over your own chest level. If a load is too heavy, long or bulky, get someone to help you or use a mechanical device. It's best to have someone your own height and strength.

Many lifting accidents are caused by slipping. Always look at the area where you are standing and will be walking. If it's slippery, oil-spattered or dangerous, clean it up.

The Work Area

Safety barriers such as fences, rails, walls and guards are to keep workers from wandering into dangerous areas. Use good lighting on indoor jobs. It's important to see and be seen when working around machinery and equipment.

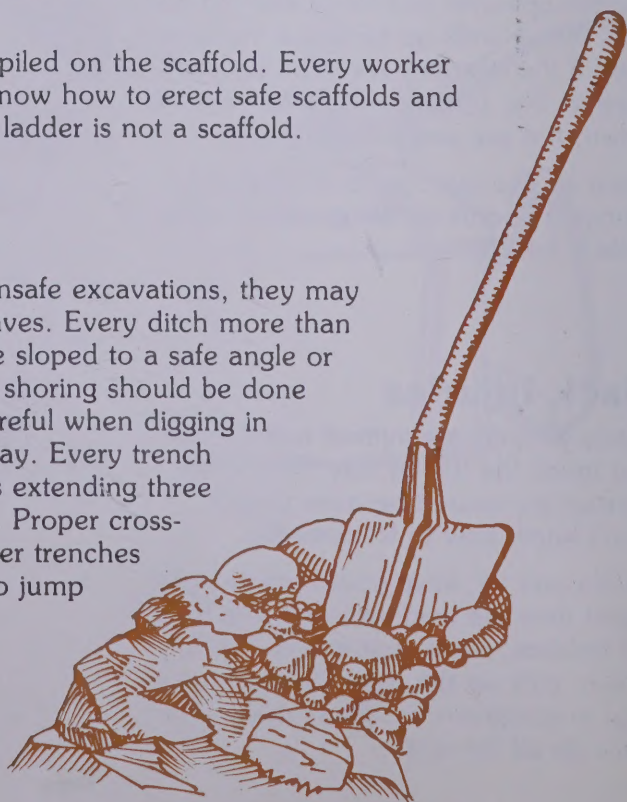
Scaffolding

Workers die every year falling from shoddy or makeshift scaffolding. The rigging of swing stage scaffolding must be in excellent condition. Frayed, damaged or twisted rigging is dangerous. It must be secured correctly. Overhead supports should be strongly fastened and the scaffold should be wide, with good quality planks strong enough to support the number of men who will use them. The planks must be clean, free of mud, grease, oil and other slippery materials.

Materials should not be piled on the scaffold. Every worker and supervisor should know how to erect safe scaffolds and recognize a poor job. A ladder is not a scaffold.

Excavations

When people work in unsafe excavations, they may be digging their own graves. Every ditch more than four feet deep should be sloped to a safe angle or shored. Excavation and shoring should be done at the same time. Be careful when digging in wet soil, sandy soil or clay. Every trench should have exit ladders extending three feet above ground level. Proper cross-walks should be built over trenches so workers don't have to jump across.



Excavations should be barricaded and well-marked to prevent people falling in. Watch out for back-filled ground which has been dug previously and filled again. Often, back-filled ground is not compact enough to stand and shoring will be required.

Water seeping into a trench indicates an immediate need for sheeting. Pumps should be used to keep the ground as dry as possible and overnight seepage should be pumped out before work begins again in the morning. If you are near a backhoe, watch for the swing end of the shovel and for trucks backing up.

Housekeeping

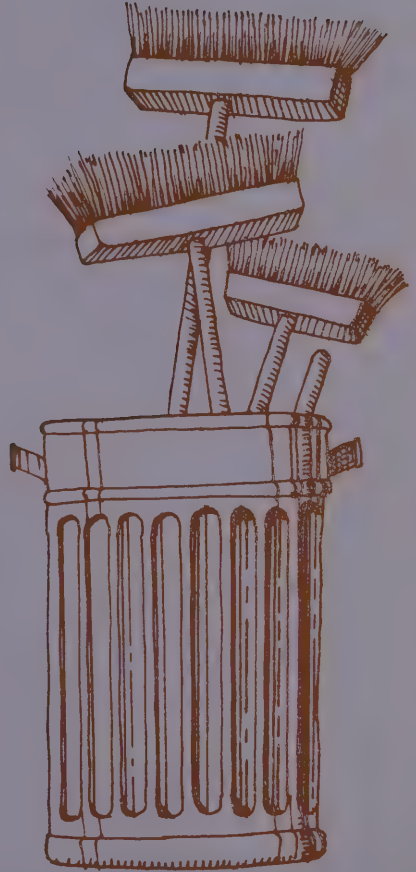
So many accidents are the result of not doing something that should have been done — not sweeping up slippery waste material, not moving a sharp instrument to safety, not checking a cable — allowing an unnecessary accident to happen.

Ladders

Hundreds of people are injured every year on ladders. A major cause of accidents is not positioning the ladder securely on the ground, resulting in it slipping or kicking out. It may take a few minutes more to secure the base of the ladder with sandbags or safety feet but it could save your life. Ladders should be long enough, extending well over the top of the landing — three feet (one metre) or more.

The recommended angle to lean a ladder is on a 4 to 1 ratio. For every four feet of elevation, the ladder should be one foot from the wall so a 16-foot landing should have a base four feet from the wall. A stepladder should not be more than 20 feet (6.1 m) long and single ladders not more than 30 feet long (9.1 m). A worker shouldn't use the two top rungs.

Many ladders are damaged because of poor handling and storing. Make sure any damage is repaired quickly. The life of a ladder can be prolonged by coating with clear varnish. Paint should never be used because it covers up defects.



Electrocution

Under most conditions, 110 volts can kill. Avoid these conditions. Ground power equipment using a three-pronged plug. Check wires for worn or bare spots. Don't knot wires or drape them over sharp or hot surfaces. Always stand on a rubber mat or dry board when changing fuses. A fuse puller should be used when replacing cartridge fuses.

Welding and Cutting

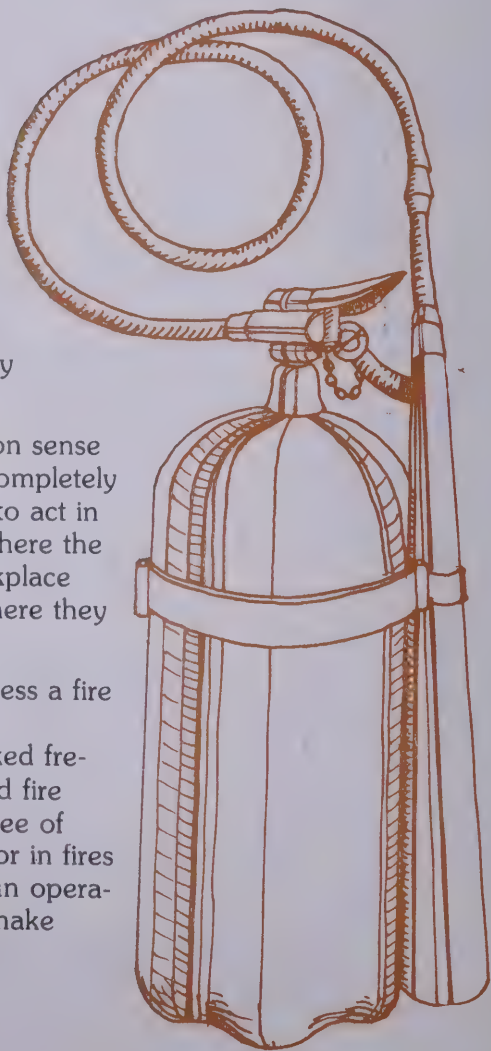
A thorough inspection for fire should be made following every welding operation. Welding and cutting should never be done near flammable or explosive materials. Be careful of steel barrels which once contained volatile liquids. They contain gases which collect and wait for the trigger to set them off. Fill them with water to avoid an explosion.

Fires and Explosions

People die or are injured in fires at work every year. Many fires could have been prevented. A defective machine gives off a spark after somebody has dropped some greasy rags nearby. Overflow oil runs on a floor near where a welder is working. There are many ways for fires to start.

Alertness, intelligence and common sense are all important. No building is completely fireproof. You should know how to act in case of fire. Don't panic. Know where the fire extinguishers are. If your workplace has hoses and hydrants, know where they are too.

Big fires start from small fires. Unless a fire is very small, get help right away. Sprinkler systems should be checked frequently. Know where fire exits and fire doors are. Stairs should be kept free of junk. Poor housekeeping is a factor in fires too. A dirty workplace or badly run operation will have fire hazards which make fighting fires more difficult.



Flammable Liquids

If you're looking for trouble in a hurry, use as a cleaning agent one of the highly flammable liquids used in industry, such as gasoline, toluene, benzene, ether and acetone. Despite continuous warnings, workers still use these liquids which give off highly explosive vapours, even at room temperatures, to clean their hands, work clothes, tools, benches, floors and machinery. One spark will do it.

There are plenty of approved solvents which will do the job safely such as trichlorethylene (Perchlor) and others. Never use carbon tetrachloride — it is very poisonous. If you must use volatile liquids indoors, do so only in a well-ventilated room. The containers should be well-marked, shatterproof and sparkproof.

Lifejackets

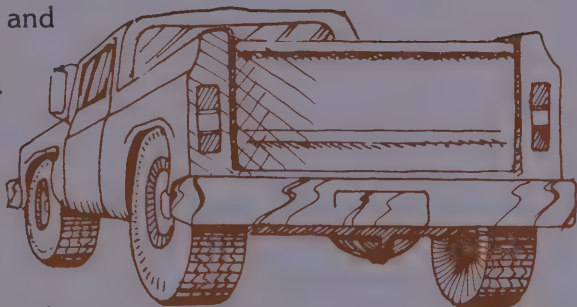
A lifejacket is useless unless you're wearing it. All workers on ships, fishing vessels, tugs and barges should wear lifejackets. Some don't — some drown.

Transportation

Make sure the vehicle being used is the best one for the job. When you are being transported to or from a job, sit down and stay seated. Benches and seats are to get you there and back safely. Where seat belts are provided, be sure to wear them.

Make sure that all tools, barrels, boards and other equipment are securely tied down. A

rolling barrel can crush a leg. Never ride on a running board while the vehicle is moving. It could lead to a serious injury. If you are using your own vehicle to get to the job, don't overload it with your workmates. Lack of respect for a tough part of the road can kill. Be alert.





Alcohol and Drugs

If you are impaired by alcohol or have been drinking, you are dangerous to yourself and your co-workers on the job. Don't drink before going to work and don't drink on the job.

If you have to take prescription drugs, tell your doctor or nurse what you do, where you work, what shift you are on, and if you work around moving equipment or on dangerous ground. Ask them if it is safe to work while on medication. Ask if you should be driving a car or truck. It is the doctor's or nurse's responsibility to tell you about the effects of prescription drugs. Mixing drugs and alcohol is deadly.

In the Office

There are many things that can go wrong in an office. Chairs can topple over if you lean too far back, telephone leads and extension cords trailing on the floor can trip people. Files and cabinet drawers left partly open can scratch and bruise. If you pull out one of the top drawers in a metal filing cabinet too quickly, it can tip over.

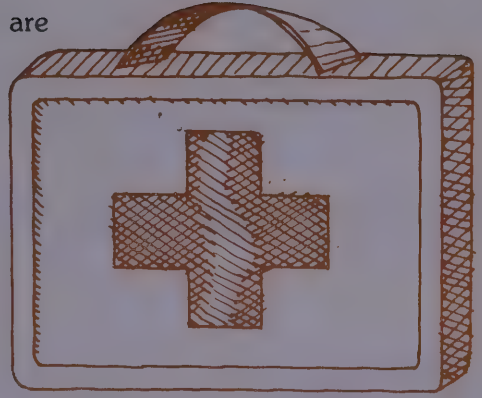
Never try to fix electrical plugs or equipment in an office. Every office should have a first aid kit. Everybody should know where it is and how to use it. Know emergency numbers — fire, RCMP, doctor or nursing station.

First Aid

The first 15 minutes after an accident are vital. There is a qualified first aid person on many worksites. If he or she is not there, send someone for him fast. If the injury seems serious, call the RCMP, hospital or nursing station. Tell them as best you can the full extent of the injuries and the location of the accident.

Don't move the injured person unless he or she is in a dangerous position or you have first aid training. Cover him with a coat or

blanket to prevent a chill. Don't give him anything to eat or drink. If there is no first aid attendant and there is extensive bleeding, try to stop it. The first aid kit should be well-stocked and the materials should be organized and clean.



Three Good Rules

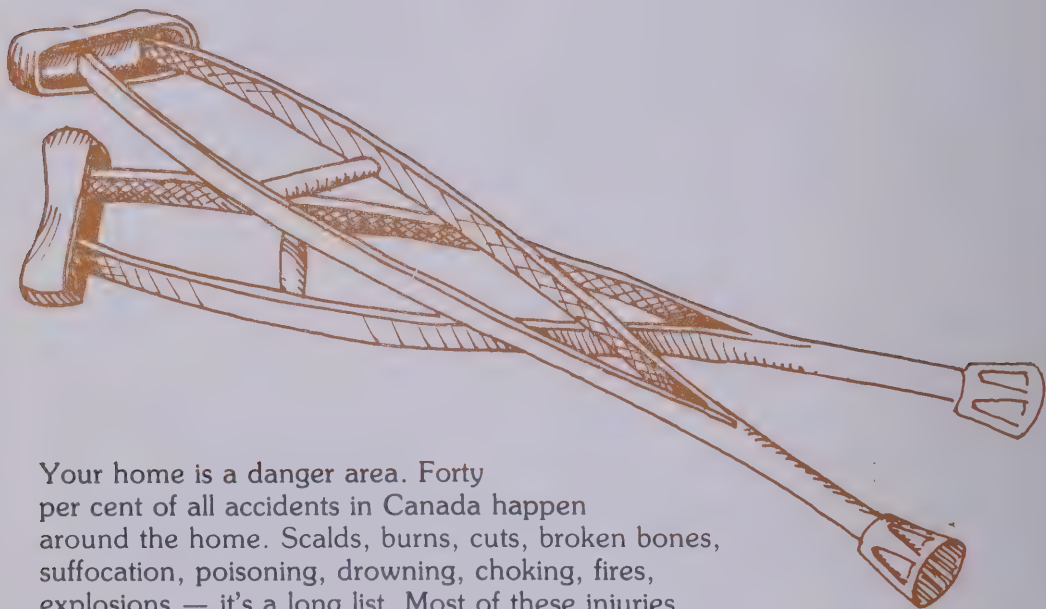
Three rules are important:

Study the safety regulations where you work. Safety rules can't prevent accidents unless you understand them and make them work.

Learn from experienced people around you. They've been around a long time. They obey safety rules.

If you're not certain about safety procedures, ask your supervisor. It could save your life.

Safety in the Home



Your home is a danger area. Forty per cent of all accidents in Canada happen around the home. Scalds, burns, cuts, broken bones, suffocation, poisoning, drowning, choking, fires, explosions — it's a long list. Most of these injuries occur because someone didn't take simple safety precautions.

Poor housekeeping, carelessness, thoughtlessness and ignorance of hazards cause many accidents. Knowing what to do in an emergency and common sense could have prevented many of these accidents.

Bad Housekeeping

Tools, shoes, jackets, school books, balls, skates — every bit of clutter is a hazard. Pick things up — it's an easy habit to get into. Train yourself and your family not to leave things lying around.

Cords and Wires

Never leave electric cords and extensions trailing all over the house. Someone could trip on them and they could be fire hazards.

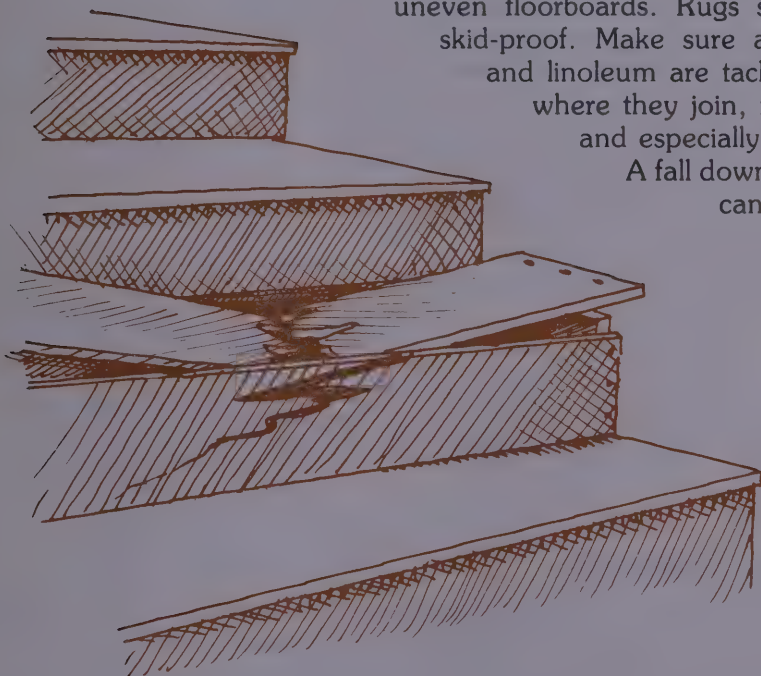
Greases and Waxes

Always use a self-shining, water-based wax on asphalt floors or rubber tile and let it dry 30 minutes before walking on it. If you spill oil or grease on the floor, wipe it up right away. Floors around tubs and washing machines should be kept dry. This prevents slipping and lessens the possibility of electric shock.

Slips and Falls

Slips and falls are major causes of accidents in the home. They happen most to children and older people. Check your floors. Make sure there are no loose tiles, broken cement or uneven floorboards. Rugs should be skid-proof. Make sure all carpets and linoleum are tacked down where they join, in corners and especially on stairs.

A fall down the stairs can kill.



Ice and Snow

Shovel or brush snow from porches, stairs and paths as soon as you can. Never let it get hardpacked, rutted, lumpy or slippery. Watch out for freezing rain. Put down salt or ashes or scrape ice away.

Ladders

Never stand on old, rotting or unstable ladders. It's safer to chop them up and burn them. When you use a ladder, be sure it's strong and all the rungs are there. Brace it against the ground and make sure it extends three feet (one metre) above the roof level or is solid against the side of the house.

Fires

Fires in the home kill about 600 people a year in Canada, half of them children. Many of these children die because they were left alone, especially in winter. It only takes a few minutes for a house to become a mass of flames.

Many home fires are caused by people who smoke. Never smoke in bed. You may fall asleep and that's it. Never put lighted cigarettes on counters or flat surfaces. They could fall off or be brushed off while still burning. Always use an ashtray.



Heating Systems

Furnaces, fireplaces and chimneys become dirty during the winter months when they are used most often and they should be cleaned once a year. Be sure your space heater is mounted on a firm base and well away from walls and furniture. A second-hand heater should be thoroughly checked before it is bought. Never run electric wiring under rugs and check all wiring frequently for fraying or bare spots. Always light your match first before turning on a gas appliance to light it.

Escape Routes

Plan an escape route from every room in your house in case of fire. Teach your family the routes. And make sure your babysitter knows the escape routes. A couple of fire extinguishers are a good idea. Make sure they are always filled and that everyone in your house knows how they work. Your local fire department will tell you the proper type for your home.

Around the House

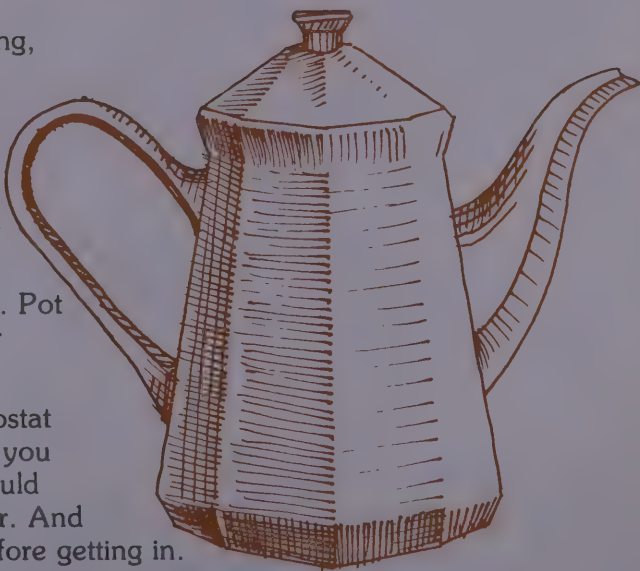
All the junk gets piled up — cardboard boxes, papers, broken toys, half-used paint cans, oily rags and clothes. Then someone throws a match or tosses away a cigarette, a spark hits an oily rag, or spontaneous combustion sets the whole thing off. The answer is to keep the house clean and tidy.

Volatile cleaning agents should be stored in strong, tight-lidded cans away from furnaces, heaters and children and outside the house if possible. Don't let your children play with fire. Know the number of your local fire department.

In the Kitchen

With pots and pans bubbling, the kitchen can be a dangerous place for children. Pot handles should never protrude over the edge of the stove. Turn handles toward the rear of the stove and use back burners whenever possible. Pot holders should be used for picking up hot pots.

If you don't have a thermostat on your hot water heater, you should install one. You could be scalded by boiling water. And test the bath or shower before getting in.



Gasoline, kerosene and naphtha are often used around the home, sometimes with tragic results. Gasoline gives off a vapour which forms flammable and explosive mixtures with air. At any temperature above minus 50, you have a potential explosion when you use gasoline for cleaning hands, metal parts or washing walls and floors before painting.

Acetone, methyl alcohol, methyl ketone and tuluol are also highly dangerous. Many of these cleaning agents are used by people who don't realize the danger. Never use carbon tetrachloride — its vapour can kill.

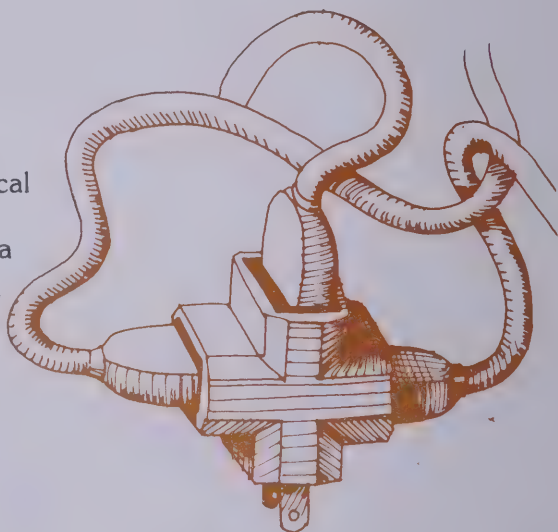
Spray cans are being used more often in the home. They are convenient but dangerous if thrown into a fire to be destroyed.

When the can is empty, push down on the valve to make sure all the pressure is gone and put it in the garbage.

Electricity

You should have the electrical wiring in your house checked especially if you are blowing a lot of fuses, or breakers. This is a sign of trouble, usually an overloaded system.

Always unplug appliances — irons, toasters, kettles — when you have finished with them. Replace frayed or kinky cords.



Never use two or more small appliances on the same circuit unless you have heavy wiring. Don't handle electrical equipment with wet hands or use appliances near water pipes or radiators. Make sure that all electrical equipment is C.S.A.-approved.

Poisoning

Each year many people are permanently disabled from injury by poisoning and most of these poisonings happen in our own homes. ASA headache tablets can kill children. Corrosives like drain cleaners are extremely hazardous too. Furniture polishes, kerosene, fuel oil and fire starters have caused the death of children. Alcohol is a poison.

Keep all medicines in the medicine cabinet and keep it locked. Never leave pills where a child might find them. Store lye, cleaning and polishing agents, bleach, turpentine, paint removers, kerosene and pesticides out of reach.

Do not transfer poisonous substances to unlabelled containers. Read and follow instructions when taking medicine. Shake liquids well.

Protect your skin and eyes when using pesticides, solvents and cleaning agents. Wash your hands thoroughly when spraying is finished. Do not breathe the fumes. Know the number for the Poison Control Centre nearest you.

Shock

Shock can cause temporary discomfort to a person or it can kill. It is a matter to be treated seriously. Shock can occur anywhere. It means the person has been injured and the blood's circulatory system cannot cope.

There can be shock from hearing bad news or seeing a terrifying sight which produces a severe nervous reaction; from burns; injury; loss of blood; electrical contact and other accidents.

The general signs and symptoms are dizziness and fainting, coldness, nausea, grey pallor, cold and clammy skin, rapid and feeble pulse rate, vomiting and unconsciousness.

General treatment includes reassuring the person, laying the victim on the back with the head low and turned to one side, and removing anything interfering with breathing.

Loosen clothing around the neck, chest and waist and wrap the victim in a blanket. Call a doctor or nurse immediately.

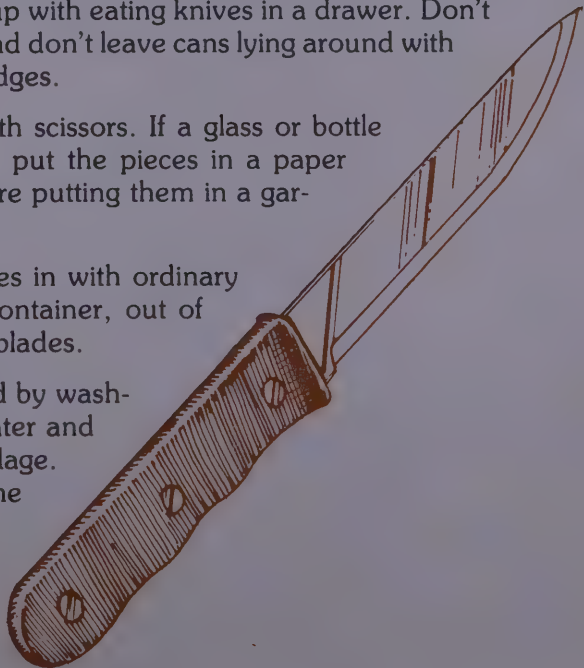
Cuts

The hands are most vulnerable to cuts. Keep kitchen knives in a wall rack and never mix them up with eating knives in a drawer. Don't use a knife to open a can and don't leave cans lying around with bent-back lids or jagged edges.

Never let children play with scissors. If a glass or bottle gets broken, sweep it up, put the pieces in a paper bag or wrap them up before putting them in a garbage can.

Don't put used razor blades in with ordinary garbage. Have a sealed container, out of reach of children, for old blades.

A minor cut can be treated by washing with soap and cold water and then applying a sterile bandage. If it is a bad cut, stop the bleeding and call your doctor or nursing station immediately.



Safety and the Child

You can't childproof every corner of the house but you can take precautions. When children are young, it's a good idea for parents to put gates across the top of the stairs and guards at upstairs windows. Matches, cigarette lighters, medicines, detergents, knives, razor blades, anything dangerous to a curious child should be kept out of reach.

Children can drown at home in ditches, puddles, ponds, creeks, and bathtubs — keep an eye out for them. How many times have you heard about children crawling into an abandoned fridge and closing the door. If there is an old refrigerator around, take it to the dump and smash it with an axe or sledgehammer or place a lock on it and keep it locked except when you need to open it.

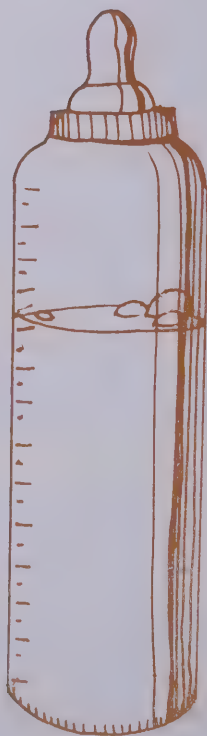
Suffocation

Very young babies are helpless. If they roll over, they can easily suffocate. Mothers cannot watch children constantly but they can be sure the baby's face is free of covers and clothing is loose so that nothing interferes with breathing. Don't put a pillow in the crib. The baby doesn't need it and it's another hazard. So is too much bedding.

Feeding Time

Always feed the baby in your arms. Never prop up a bottle for the baby may choke on the milk and there is no-one there to help. If you breast-feed, don't take the child into bed with you. You may doze off and roll over. And don't smoke when feeding the baby.

Small children love to put things in their mouths. Keep all small objects — pins, nails, buttons, beads — out of their reach. Some toys are so small children can choke on them. Larger toys with detachable parts or parts that might be torn off are also dangerous. Empty cardboard boxes, wooden baking spoons, things without sharp edges will keep a small child amused for a long time.



Keep cribs and high-chairs away from tables, dressers or the stove top where sharp knives, bottles or boiling pots can be grabbed. When you're cooking, don't let the baby crawl around on the floor.

Don't leave your baby alone in the bathtub. Every year babies drown in their baths. Never let the baby stand up, risking a slip or hard knock on the edge. Test the water temperature with your elbow first and don't let the baby play at the end of the tub where the taps are.

The Babysitter

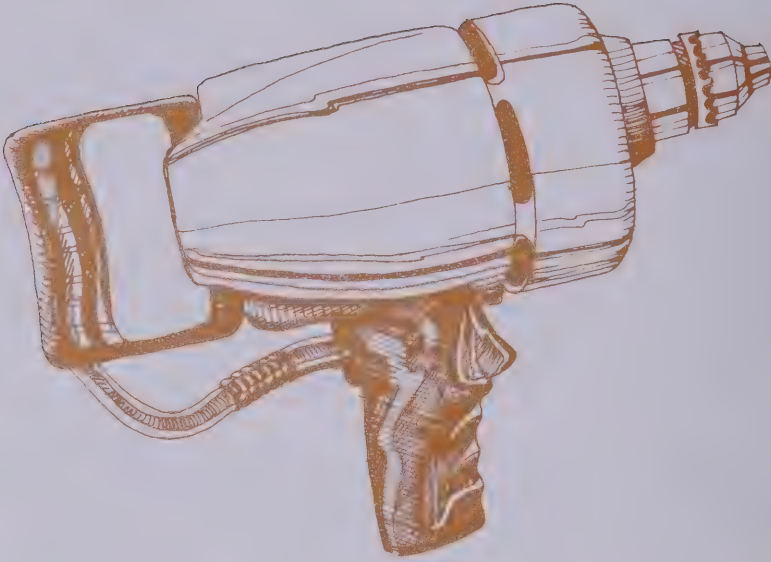
When the babysitter arrives for the first time, let the sitter and the child spend a few minutes together so the child can get used to the strange person. Give the sitter full instructions — when to feed, what to do if the baby wakes up. Make sure the sitter knows the house — first aid supplies, exits, turn-off points for gas or electricity.

Always give the sitter, written down, the place where you will be and how to contact you. Make sure the sitter knows the phone numbers for the fire department, doctor or nursing station, and someone else to contact.

Other Safety Points

A baby is safest in the rear seat of a vehicle or a babyseat. Make sure the babyseat is securely fastened down. Baby carriages and strollers should have safety straps.

When your baby or toddler is outside in the carriage, make sure you can see him or her at all times. If you use a soother, be sure it has no strings attached. Babies could be suffocated or choked by these strings.



In the Workshop

The same safety rules apply at home when you're working as they do at your workplace. Good housekeeping is important. Keep your work area clean and uncluttered. Keep your tools in good working order, cleaned and stored safely after use. Always use the right tool for the job. Wear the proper personal protective equipment for each job.

Electrical equipment should be C.S.A.-approved and properly grounded. Always pull the cord before cleaning or making adjustments. Don't depend on the on-off switches.

Your work area should be well-lighted and ventilated. Don't let your children play around your feet. If you're working and friends drop in, stop your work and chat. Don't try to do two things at once.

If your children want to work with you as they get older, show them the correct and safe way to do things. Let them do it themselves with your help. Their work will be easier if tools are in good working order and the work area is clean and neat.

Outside

The area around your house should be kept safe for small children. Don't leave dangerous tools lying around outside.

Plastic Bags

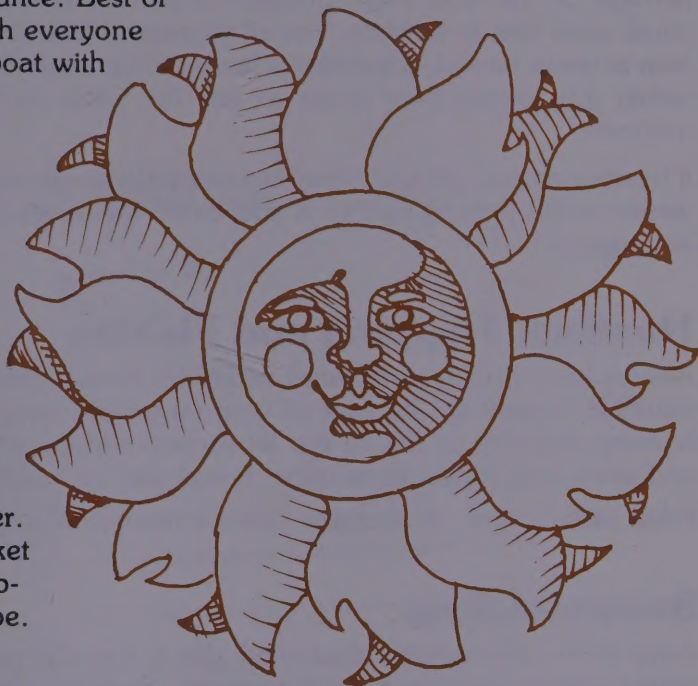
Children should never be given plastic bags to play with. They may put them over their heads and suffocate. Always keep them out of reach.

Summer Safety

Never swim alone. Never let children play near deep water without supervision. If someone falls from a boat, don't jump in. Toss them an oar or pole to grab onto and tow them to safety. Throw them something that will float — a gas can or a plastic cooler, for instance. Best of all, use a lifeline which everyone should keep in their boat with a float attached.

Never stand up in a small boat or canoe. If your boat does tip or swamp, don't try to swim to shore. Hang on until you can crawl back in and try to paddle to shore.

If a storm comes up, or even the hint of a storm, head for shelter. Always wear a lifejacket and be sure it is an approved and tested type.



Hiking

If you are going hiking, always tell someone where you are going and how long you plan to be gone. This applies even if you are entering a familiar area.

Carry matches, a knife, some food and a map. A small survival kit for one person could contain salt, nuts, raisins, safety pins, fish hooks, some line and waterproof matches. Carry some first aid materials too.

If you get lost, stay put. Build a fire, be alert for the sounds of searchers and stay calm. Don't panic. Think out each move.

Winter Safety

Wear good quality, warm clothes that give good ventilation. Clothing that is too tight will make you sweat and in extreme cold the sweat will freeze on your body. Always cover your face, head and neck against the cold and wind. You can lose a lot of body heat from these areas, and hypothermia or lowering of the body's core temperature may occur. Hypothermia occurs when heat produced by the body is less than the amount being lost to the body's surroundings. This condition can develop quickly and may be fatal.

Never ski alone. Keep away from steep slopes or rocky areas. Quit before you are tired because then you get careless and could get hurt.

Freezing

When you have frostbite, your flesh freezes. You will feel twinges first, perhaps on the face, toes or fingers. Warm the area with your hands or it could soon turn to frostbite. For all degrees of frostbite, rewarm the frozen area in water heated to just above body temperature. It is important to keep within this temperature range so test the water frequently with a thermometer.

If frostbite occurs, get the victim to a warm shelter as soon as possible. Call a doctor or the nursing station. If you don't, the frozen limb may have to be amputated.

Hunting, Trapping and Fishing

Always keep firearms unloaded when not in use. Store firearms and ammunition separately. Be sure of your target and beyond. When out on a hunting, trapping or fishing trip let someone know where you have gone and when you expect to be back. Travel with adequate clothing and food. Keep camps clean, do not give bears a reason for a visit.

Snowmobiling

Away from communities, it's a good idea to travel in pairs. If your machine breaks down, don't try to walk to safety. Someone will come looking for you. Deep snow and cold weather can drain a person's strength. On long trips, carry food and extra gas. Learn the basic workings of your machine so you can make simple repairs. Don't show off and don't clown around on your snowmobile.

For more information, contact:

Department of Justice and Public Services'
Safety Division
Government of the Northwest Territories
Yellowknife, N.W.T.
(403) 873-7430

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Nursing _____

Doctor _____

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